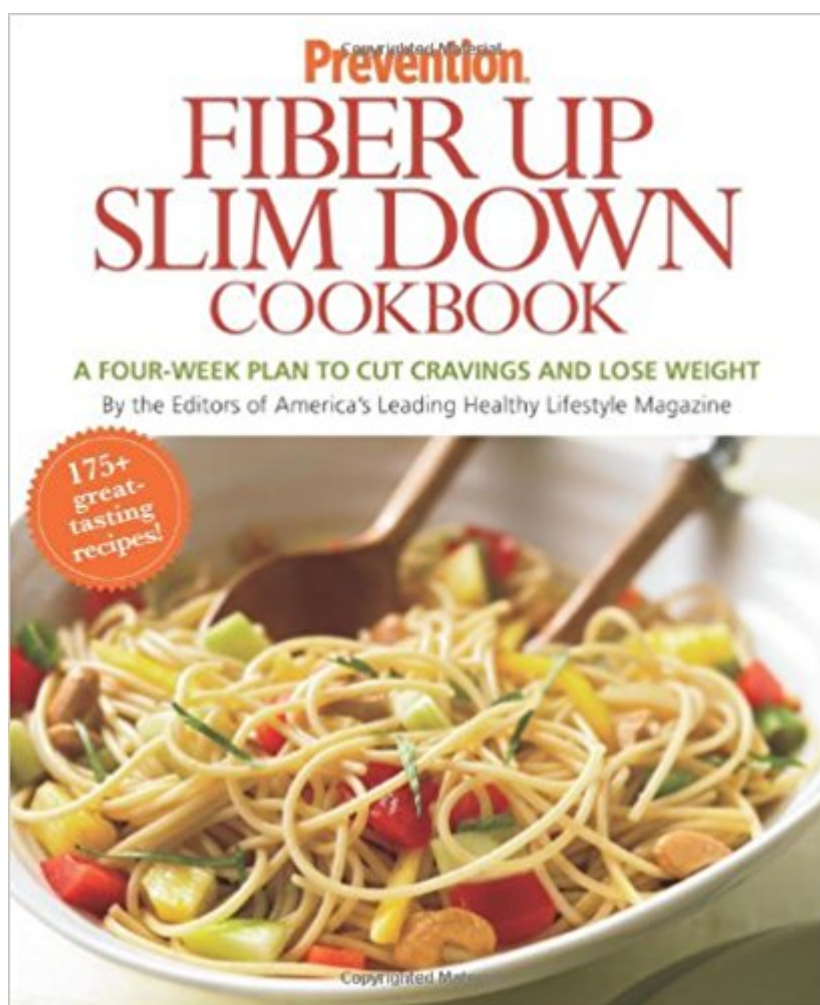


The book was found

Prevention Fiber Up Slim Down Cookbook: A Four-Week Plan To Cut Cravings And Lose Weight



Synopsis

While common dieting wisdom suggests that those who need to lose weight must be eating too much, the newest discoveries in weight loss science now reveal that what's not being eaten can hinder weight reduction. Fiber is turning out to be the silver bullet of dieting because it can fill you up on fewer calories, dampen cravings for fattening foods, and dramatically improve your overall health. Consuming the right amount of dietary fiber can have profound health benefits. It can cut the risk of heart disease by 30 percent; lower cholesterol by as much as 13 points; decrease inflammation; drop blood pressure; balance blood sugar; improve memory; reduce the risk for breast, colon, and endometrial cancer; and boost the immune system. Unfortunately, ramping up fiber levels too quickly can also cause digestive distress. With an easy-to follow, 4 week plan, Prevention's Fiber Up Slim Down Cookbook by the Editors of Prevention Magazine shows how to switch over to high-fiber living without experiencing excessive gas or uncomfortable bloating. Of course, for any weight-loss plan to work, the food must be fabulous. Prevention's Fiber Up Slim Down Cookbook is packed with more than 200 delicious, fiber-rich recipes that work with any fiber-rich diet plan including home-style dishes like Roasted Sweet and Russet Potato Salad and Mom's Turkey Meatloaf, tasty new favorites like Curried Beef with Pineapple and Coconut, and sweet treats like Ginger-Sweet Potato Cheesecake and Pumpkin Fruitcake.

Book Information

Paperback: 368 pages

Publisher: Rodale Books; 1 edition (August 5, 2008)

Language: English

ISBN-10: 1594868018

ISBN-13: 978-1594868016

Product Dimensions: 7.6 x 15.8 x 233.2 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.3 out of 5 stars 42 customer reviews

Best Sellers Rank: #433,586 in Books (See Top 100 in Books) #24 in Books > Health, Fitness & Dieting > Nutrition > Fiber #134 in Books > Sports & Outdoors > Other Team Sports > Track & Field #682 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

Customer Reviews

PREVENTION MAGAZINE, America's leading healthy lifestyle magazine for more than 50 years, is the most trusted source of practical health information for nearly 11 million readers. In a sea of

conflicting diet advice, readers know they can rely on Prevention to provide them with cutting-edge, authoritative information.

This is a great cookbook. I am not following the actual diet plan in the book. However, I often cook various recipes from this book. They are tasty, fairly easy to prepare and quite filling. My 7 year old daughter and husband also enjoy the recipes from this book. I have cut back on sugar and in general use the recipes from this book for my lunch and dinner. I am not currently exercising or counting calories, but I have still managed to lose some weight with this approach. I highly recommend this cookbook.

I can't believe any of these positive reviews came from people who bought the Kindle version. this book may be great in paper form, but it is of little use on a Kindle. The index is not active, and doesn't even contain page numbers (not that that would help much) so it is simply a list of recipes you can't find. The table of contents lists no recipes section, just "meal plans". The first part of the book is a lot of no doubt excellent advice and information on fiber. This is followed by day-by-day meal plans, mostly simple suggestions like "raisin bread with peanut butter" or "apple slices". If there are any good recipes, I have not found them and I am tired of looking. I wanted a cookbook, not robotic "meal plans". This was not worth 1 dollar to me, much less 11. Next time I will see if I can get a cheap paperback copy of a cookbook before I spring for the Kindle version.

This is a great cookbook filled with recipes that are easy to follow and make. The fiber really fills you up and helps you to lose the extra pounds. I would recommend for persons who are trying to eat healthy and lose weight without feeling deprived.

Good primer for this diet plan but wouldHave liked a little more info. I read through the book and felt I needed more so I bought the big book too. Valuable if you want to scan this diet program without spending alot of money.

This book was better than i thought. The recipes are easy to follow and the food is delicious. My health will improve eating these high fiber meals.

I don't want to say anything bad about it because it is a good book, and it does have lots of good recipes, but I didn't find it that great for trying to slim down by still getting the fiber you need. I would

say I love it if it was just meant to be a high fiber cook book.

I am really pleased with this cookbook. It tells you how to add more fiber to your diet slowly without upsetting your digestive tract. Has a plan for beginning the diet as well as continuing. The recipes are great and the cookbook itself is a beautiful book. Very pleased with it.

Stolen!

[Download to continue reading...](#)

Prevention Fiber Up Slim Down Cookbook: A Four-Week Plan to Cut Cravings and Lose Weight
High Fiber Recipes: 101 Quick and Easy High Fiber Recipes for Breakfast, Snacks, Side Dishes, Dinner and Dessert (high fiber cookbook, high fiber diet, high fiber recipes, high fiber cooking)
DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) 14-day Zero Sugar detox diet: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.: Sugar detox diet for beginners to Increase energy, smash cravings and lose weight.
Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Lose Weight Without Dieting or Exercise Cookbook: How to Lose Weight Without Dieting or Exercise and Never Be Fat Again Weight Loss Cookbook Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Speak in a Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1) (Italian Edition) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Bulletproof Diet Cookbook For Beginners: Quick and Easy

Recipes and Smoothies to Lose Fat and Increase Energy (Lose Up To A Pound A Day, Reclaim Energy and Focus, End Food Cravings) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) The 2 Week Diet - The Fastest Way to Lose Weight: Weight Loss - Lose Up 8 to 16 Pounds in 2 Weeks The Essential Handbook to the High Fiber Diet: Lose Weight and Lower Your Blood Sugar By Adding Fiber to Your Diet Instead of Counting Calories Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weigh loss, easy way to lose weight, how ... way to lose weight, how to lose body fat))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)